



# SWIM LESSONS CRITERIA

## FOR CHILDREN 6 YEARS OLD AND UP

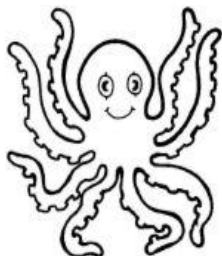


**SHORELINE POOL**



### Youth Level 1 Octopus

Blow bubbles with full face in the water (6 sec)  
 10 rhythmic bobs  
 Front float unassisted (6 sec)  
 Front float with kick (3 yds)  
 Crawl stroke (3 yds)  
 Backfloat unassisted (6 sec)  
 Backfloat with finning and kicking (3 yds)  
 Begin Backstroke  
 Kick on front and back with equipment  
 Jump in from side unassisted



### Youth Level 5 Dolphin

Crawl stroke (50 yds)  
 Backstroke (50 yds)  
 Elementary Backstroke (50 yds)  
 Breaststroke (25 yds)  
 Butterfly (13 yds)  
 Sidestroke (13 yds)  
 Underwater swim 5 body lengths  
 Diving  
 Tread water (1 min)  
 Surface dives



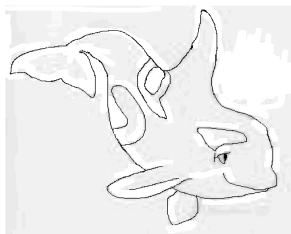
### Youth Level 2 Penguin

Kick on front with equipment (7 yds)  
 Front glide with kick (7 yds)  
 Crawl stroke w/sidebreathing (7 yds)  
 Backfloat with finning and kicking (7 yds)  
 Backstroke (7 yds)  
 Jump in from side and swim (7 yds)  
 Swim underwater 3 body lengths  
 Turning over  
 Change in direction  
 Water safety rules  
 Treading water (15 seconds)



### Youth Level 6 Orca

Crawl stroke (200 yds)  
 Backstroke (100 yds)  
 Breaststroke (100 yds)  
 Butterfly (25 yds)  
 Sidestroke (50 yds)  
 Underwater swim  
 Continuous swim (300 yds)  
 Survival Swim  
 Shallow dive  
 Dive off the blocks  
 Tread water for 3 minutes



### Youth Level 3 Sealion

Crawl stroke (15 yds)  
 Backfloat with finning and kicking (15 yds)  
 Backstroke (15 yds)  
 Elementary Backstroke (10 yds)  
 Comfortable in water over their head  
 Treading water (15 sec)  
 Breaststroke Kick (10 yds)  
 Introduce Dolphin Kick  
 Open Turn



### Youth Level 7 Shark

Crawl stroke (500 yds)  
 Backstroke (200 yds)  
 Breaststroke (200 yds)  
 Butterfly (50 yds)  
 Continuous swim (600 yds)  
 Retrieve diving brick  
 Tread water (5 min)  
 Racing starts off blocks  
 Backstroke starts



### Youth Level 4 Crocodile

Crawl stroke (25 yds)  
 Backstroke (25 yds)  
 Elementary Backstroke (25 yds)  
 Breaststroke (25 yds)  
 Introduce butterfly stroke (7yds)  
 Tread water (30 sec)  
 Open turns  
 Introduce sidestroke  
 Flip Turn Introduction



### Competitive Skills

Read the clock  
 Racing Starts  
 Individual Medley (200 yards)  
 Stroke Technique  
 -Crawlstroke: correct turn, correct start, kick up at surface, high elbows, reach forward, "S" pull to leg, forehead down  
 -Backstroke: correct turn, correct start, kick up at surface, shoulder roll, pinky in first, "S" pull to leg, head back  
 -Breaststroke: correct turn, correct start, whip kick, pull to shoulder, palms scoop water to chin, reach/dive forward co-ordinating kick and pull  
 -Butterfly: correct turn, correct start, pinky finger out first, use shoulders to bring arms around, thumb in first